

Inappropriate Nutrition Practices for Children

**Definition/
cut-off value**

Routine use of feeding practices that may result in impaired nutrient status, disease, or health problems. These practices, with examples, are outlined below. Refer to “Attachment to 425-Justification and References” for this criterion.

**Participant
category and
priority level**
Category

Children

Priority

V

Inappropriate Nutrition Practices for Children	Examples of Inappropriate Nutrition Practices (including but not limited to)
425.1 Routinely feeding inappropriate beverages as the primary milk source.	<p>Examples of inappropriate beverages as primary milk source:</p> <ul style="list-style-type: none"> • Non-fat or reduced-fat milks (between 12 and 24 months of age only) or sweetened condensed milk; and • Imitation or substitute milks (such as inadequately or unfortified rice- or soy-based beverages, non-dairy creamer), or other “homemade concoctions.”
425.2 Routinely feeding a child any sugar-containing fluids.	<p>Examples of sugar-containing fluids:</p> <ul style="list-style-type: none"> • Soda/soft drinks; • Gelatin water; • Corn syrup solutions; and • Sweetened tea.
425.3 Routinely using nursing bottles, cups, or pacifiers improperly.	<ul style="list-style-type: none"> • Using a bottle to feed: <ul style="list-style-type: none"> ➤ Fruit juice, or ➤ Diluted cereal or other solid foods. • Allowing the child to fall asleep or be put to bed with a bottle at naps or bedtime. • Allowing the child to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier. • Using a bottle for feeding or drinking beyond 14 months of age. • Using a pacifier dipped in sweet agents such as sugar, honey, or syrups. • Allowing a child to carry around and drink throughout the day from a covered or training cup.

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<p>425.4 Routinely using feeding practices that disregard the developmental needs or stages of the child.</p>	<ul style="list-style-type: none"> • Inability to recognize, insensitivity to, or disregarding the child's cues for hunger and satiety (e.g., forcing a child to eat a certain type and/or amount of food or beverage or ignoring a hungry child's requests for appropriate foods). • Feeding foods of inappropriate consistency, size, or shape that put children at risk of choking. • Not supporting a child's need for growing independence with self-feeding (e.g., solely spoon-feeding a child who is able and ready to finger-feed and/or try self-feeding with appropriate utensils). • Feeding a child food with an inappropriate texture based on his/her developmental stage (e.g., feeding primarily pureed or liquid food when the child is ready and capable of eating mashed, chopped or appropriate finger foods).
<p>425.5 Feeding foods to a child that could be contaminated with harmful microorganisms.</p>	<p>Examples of potentially harmful foods for a child:</p> <ul style="list-style-type: none"> • Unpasteurized fruit or vegetable juice; • Unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese; • Raw or undercooked meat, fish, poultry, or eggs; • Raw vegetable sprouts (alfalfa, clover, bean, and radish); • Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot).
<p>425.6 Routinely feeding a diet very low in calories and/or essential nutrients.</p>	<p>Examples:</p> <ul style="list-style-type: none"> • Vegan diet; • Macrobiotic diet; and • Other diets very low in calories and/or essential nutrients.
<p>425.7 Feeding dietary supplements with potentially harmful consequences.</p>	<p>Examples of dietary supplements which when fed in excess of recommended dosage may be toxic or have harmful consequences:</p> <ul style="list-style-type: none"> • Single or multi-vitamins; • Mineral supplements; and • Herbal or botanical supplements/remedies/teas.
<p>425.8 Routinely not providing dietary supplements recognized as essential by national public health policy when a child's diet alone cannot meet nutrient requirements.</p>	<ul style="list-style-type: none"> • Providing children under 36 months of age less than 0.25 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride. • Providing children 36-60 months of age less than 0.50 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride. • Not providing 400 IU of vitamin D if a child consumes less than 1 liter (or 1 quart) of vitamin D fortified milk or formula.

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425.9 Routine ingestion of nonfood items (pica).	Examples of inappropriate nonfood items: <ul style="list-style-type: none">• Ashes;• Carpet fibers;• Cigarettes or cigarette butts;• Clay;• Dust;• Foam rubber;• Paint chips;• Soil; and• Starch (laundry and cornstarch).
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